

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre, Australia – March 2019
Transcription from Audio Recordings

File 2a – Sunday morning guided meditation

Linda: So take a few deep breaths into the belly. It's always good to do this at the beginning of a sitting, just to reaffirm your intention: "I'm here in my body, nowhere else, and I'm going to stay here whatever happens." And you need to have that intention, otherwise you'll get up and give up pretty quickly, because the mind will try and undermine you all the way. So have that intention: "I'm going to stay here, sit here, whatever."

So take your attention to the top of your head and feel the sensation on the top of your head, however it feels right now. Just feel it. You don't need to analyse it; you don't need to change it. Just use the sensation to stay in your body, to feel your body. Feel the sensation of your eyelids on your eyes, your breath going through your nostrils, your mouth, your lips, your jaw and your chin. And keep breathing into the belly, grounding yourself in your body, right now, here. Feel your shoulders – so even if you have tension in any part of your body, and most of you will during the next seven days, rather than trying to relieve it, habitually relieve it, just feel it. Keep still and feel it. Watch your reaction to it. Breathe into it, rather than trying to escape from it, or go towards it.

So go to your left shoulder and go down your arm to your left elbow and feel your elbow – really feel it. Then go down to your left hand and feel your hand, and feel your thumb and each finger. Then go up to your right shoulder and feel your shoulder. Go down your arm to your right elbow, then down to your right hand and feel your hand, and feel your thumb and each finger. Take your attention to your chest and as you breathe in and out – and it's good to breathe in and out through the nose – feel the gentle movement of your chest rising and falling with the breath. Then go down to the abdomen. This is the place that many people avoid. This is the place where you usually feel fear, fear in your body – sometimes you might feel nausea. So if you feel that in your belly breathe into it. This is all about facing your fear.

Feel your thighs, your knees, your left foot and your right foot. Feel your spine from the top of the spine down your back to the bottom of the spine. Then again feel your whole body. Be in your body. So thinking is an out of body experience. And it can be very tempting, very seductive; it's incredibly habitual. But everything you want is in your body, it's in you. It's not in your past, and thinking is all about the past. You can't think about something new. Every thought you have is from your personal past; every fear you have is from your personal past.

Even though it's very intense just being in your body – it can be incredibly intense – it starts to gradually become much more attractive than living in this dream world of thinking. So you're here because you know for you it's time to face reality. And it's not your reality or my reality, it's just reality. And reality is being free from your personal past. You are not your past. And to be really authentic, truly authentic, you need to be free from your past, from your attachment to your past. It doesn't mean you repress it or even forget about it. But what you do is let go of your emotional attachment to it. And you suffer because of your attachment to your past, and that's what thinking is all about. And emotions drive the thinking process, they feed it.

So sit and watch, watch that movement away from now, from your body, from where you are right now. Don't worry about how you're feeling – you're not supposed to be feeling any particular way. You think you want to feel happy all the time. That's not what this is all about. It includes happiness but there's something that you long for that is much deeper than happiness, much much deeper. It's everything you've always wanted. And the amazing thing is you don't know what it is, and that is what is so attractive and amazing about it. So don't look for anything in particular because that's not what you're looking for, that's not really what you want. Nothing that you think about is what you really want.